

Promoting Life-Long Health for America's Veterans

*The Public Health SHG and the National Center for Health Promotion & Disease Prevention (NCP)
Invite You to Celebrate Good Health by:*

- ✓ Getting tested for HIV
- ✓ Being physically active
 - ✓ Quitting tobacco
 - ✓ Eating a healthy diet
 - ✓ Getting a flu shot
- ✓ Staying at a healthy weight
- ✓ Washing your hands frequently
- ✓ Getting recommended screening tests



www.nphw.org



www.publichealth.va.gov/about/pubhealth/



www.prevention.va.gov